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DOH-CITRUS HOSTS THIRD ROUND OF DIABETES CLASSES AT NO COST

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Lecanto, Fla. — Anyone looking to discover fresh, practical ways to manage their diabetes and live a healthier life is invited to attend the Florida Department of Health in Citrus County (DOH-Citrus) and Elder Options' Diabetes Empowerment Education Program from 10 a.m. to noon, starting on August 14, at the Salvation Army, 712 S. School Ave. in Lecanto.

The six-week course is open to the public and provided at no cost on these dates: August 14, August 21, August 28, September 4, September 11, and ends September 18. Participants will receive tools and information to manage and take control of their health through a series of interactive sessions. The program covers the following topics:

- Diabetes risk factors
- Identification and prevention
- Medications and medical care
- Understanding how the body works
- Monitoring your body
- Mobilizing family and friends
- Meal planning
- Physical activity



The program in August marks the third round of diabetes workshops provided to the community since May. In June, DOH-Citrus held its first graduation ceremony for three successful participants. By the end of the month, registration for the second set of classes filled up quickly with 19 applicants, all of whom have since then graduated with the self-management skills to live longer, healthier lives.

To register for the program in August, call 352-513-6077 or email

Carmen.Hernandez@FLHealth.gov. Seats are limited and registration is required.

For more information about DOH-Citrus, visit www.CitrusCountyHealth.org or follow us on Twitter at [@FLHealthCitrus](https://twitter.com/FLHealthCitrus).

About the Florida Department of Health

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